



CARD-USF serves the following Florida counties:
Charlotte, Collier, Desoto, Glades, Hardee, Hendry,
Highlands, Hillsborough, Lee, Manatee, Pasco,
Pinellas, Polk, and Sarasota.

Want More Information about CARD?

Call: 813-974-2532 or 1-800-333-4530
Website: <http://card-usf.fmhi.usf.edu>
Write: CARD-USF
13301 Bruce B. Downs Blvd., MHC 2113A
Tampa, Florida 33612

CARD is a Program of:



Always remember to...

Wear your helmet.

Watch for and avoid road hazards.



If you are hurt, remember the 4C's

1. Check your body
2. Clean and bandage cuts
3. Call for Medical Care or an adult, if needed
4. Check your bike for damage



IF...	What to do
I have a bruise, small cut	Call your family
I have broken bones, deep cuts, am unable to get up	Ask passerby; or emergency personnel for help
My bike is damaged	Call your family or friend

Use your cell phone to call for help. If you do not have a phone, ask a passerby or emergency personnel for help.

Important Phone Numbers:

Emergency 911 _____
 Mother _____
 Father _____
 Friend _____
 Friend _____

I have autism, here are some things you should know about me.

- » Be calm and give me extra personal space.
- » Use simple, concrete terms, avoid metaphors and slang; speak slowly and give me extra time to reply.
- » I may have high anxiety and fears. Be calm, and help me to stay calm.
- » I may be extremely sensitive to lights, sounds, smells or touch.
- » I may repeat your words/phrases/body language. Try pointing, using pictures or fill in the blank questions.
- » At times, I may wander with no fear of real danger; I may be attracted to water and roadways.
- » I am a person with autism. I am unique and I may act or react differently.